



Turtle Tots 3&4 Routines!

Bars

1. Salute
2. Pullover with Coach
3. Two Casts
4. Cast Off
5. Salute

Beam

1. Salute
2. Forward Releve (Tippy Toe) Walks with Arms Up High
3. L Kicks with Airplane Arms
4. Jump Over Scarves with Hands on Hips
5. Salute

Floor

1. Salute
2. Forward Roll
3. Lunge to Cartwheel
4. Hopscotch
5. Forward Roll
6. Lunge to Cartwheel
7. Forward Roll
8. Salute

Vault

1. Salute
2. Straight Jump to Safety
3. Salute

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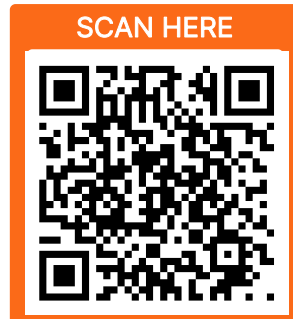


Turtle Tots 5 Routines!

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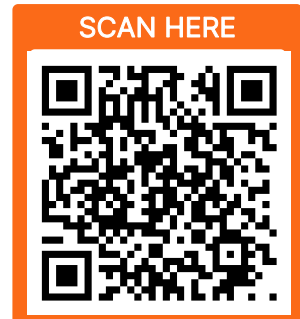
Bars

1. Glideswing
2. Assisted Pullover
3. 2 Casts
4. Cast Off



Bars

1. Glideswing
2. Assisted Pullover
3. 2 Casts
4. Cast Off



Beam

1. Jump to Front Support
2. Toe Hook Mount
3. Four Forward Releve Walks
4. Straight Jump
5. Pivot
6. Lunge, Lever T, Lunge
7. Tuck Jump Dismount

Beam

1. Jump to Front Support
2. Toe Hook Mount
3. Four Forward Releve Walks
4. Straight Jump
5. Pivot
6. Lunge, Lever T, Lunge
7. Tuck Jump Dismount

Floor

1. Opening Pose: Start facing backwards. Straight Jump Half Turn. Wave for 3 counts.
2. Jump to Straddle, Straddle Forward Roll to Sitting Straddle
3. Lay Down, Bridge Up, lay down, Sit Up, Stand Up
4. Step, Kick Lunge, Handstand, Lunge, Step Together
5. Tuck Jump
6. Step, Kick Lunge, Cartwheel, Lunge
7. Closing Pose: Salute

Floor

1. Opening Pose: Start facing backwards. Straight Jump Half Turn. Wave for 3 counts.
2. Jump to Straddle, Straddle Forward Roll to Sitting Straddle
3. Lay Down, Bridge Up, lay down, Sit Up, Stand Up
4. Step, Kick Lunge, Handstand, Lunge, Step Together
5. Tuck Jump
6. Step, Kick Lunge, Cartwheel, Lunge
7. Closing Pose: Salute

Vault: Mat Stack

1. Straight Jump
2. Safety

Vault: Mat Stack

1. Straight Jump
2. Safety



Flips Basic Routines!

Bars

1. Chin Hang for 3 Seconds
2. Assisted Pullover
3. 2 Cast to 45 Degrees
4. Bar Forward Roll Dismount

Beam

1. Jump to Front Support
2. Swing to Squat Mount
3. Lunge, Lever T, Lunge
4. Step, Lock, Pivot
5. Straight Jump
6. Four Forward Releve Walks
7. Step, Lock, 1/4 Pivot
8. Tuck Jump Dismount

Floor

1. Opening Pose: Straddle Stand with Hands on Hips, Heads Down. *Look Up, Both Hands Come Up Show Your Claws.
2. Step, Kick Lunge, Cartwheel, Lunge
3. Step together, Backwards Roll to Squat, stand
4. Pivot
5. Step, Kick Lunge, Handstand, Step Together
6. Split Jump
7. Closing Pose: One Foot is Popped Out to the Side, Arms are Folded.

Vault: Mat Stack (2 8")

1. Straight Jump
2. Lunge, Handstand Fall Flat



Flips Basic Routines!

Bars

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2. Assisted Pullover
3. 2 Cast to 45 Degrees
4. Bar Forward Roll Dismount

Beam

1. Jump to Front Support
2. Swing to Squat Mount
3. Lunge, Lever T, Lunge
4. Step, Lock, Pivot
5. Straight Jump
6. Four Forward Releve Walks
7. Step, Lock, 1/4 Pivot
8. Tuck Jump Dismount

Floor

1. Opening Pose: Straddle Stand with Hands on Hips, Heads Down. *Look Up, Both Hands Come Up Show Your Claws.
2. Step, Kick Lunge, Cartwheel, Lunge
3. Step together, Backwards Roll to Squat, stand
4. Pivot
5. Step, Kick Lunge, Handstand, Step Together
6. Split Jump
7. Closing Pose: One Foot is Popped Out to the Side, Arms are Folded.

Vault: Mat Stack (2 8")

1. Straight Jump
2. Lunge, Handstand Fall Flat

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Flips Routines!

Bars

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1. Pullover
2. 3 Cast to 45 Degrees
3. Assisted Back Hip Circle
4. Cast Off

Beam

1. Jump to Front Support, Swing to Squat Mount
2. Step, Kick, Lunge, Lever Touch, Lunge
3. Split Jump
4. Pose: One arm pushes out to Side, Other Arm Goes Around Head
5. Step, Lock, Pivot
6. Step, Kick Lunge, Side Handstand Dismount

Floor

1. Opening Pose: Sit in Double Stag, One arm pushes out to Side, Other Arm Goes Around Head, Legs Straighten to Pike, Candlestick to Stand.
2. Run, Hurdle, Cartwheel, Lunge, Step Together
3. Back Bend/Bridge Up, Kick Over/Stand
4. Step, Kick Lunge, Handstand, Lunge, Step Together
5. Step Kick Lunge, One Arm Cartwheel, Lunge
6. Backwards Roll to Squat with Straight Arms
7. Closing Pose: Turn Over to Bum, Head Back, One Leg Extended

Vault: Mat Stack (3 8")

1. Handstand Fall Flat with Tramp Board



Flips Routines!

Bars

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1. Pullover
2. 3 Cast to 45 Degrees
3. Assisted Back Hip Circle
4. Cast Off

Beam

1. Jump to Front Support, Swing to Squat Mount
2. Step, Kick, Lunge, Lever Touch, Lunge
3. Split Jump
4. Pose: One arm pushes out to Side, Other Arm Goes Around Head
5. Step, Lock, Pivot
6. Step, Kick Lunge, Side Handstand Dismount

Floor

1. Opening Pose: Sit in Double Stag, One arm pushes out to Side, Other Arm Goes Around Head, Legs Straighten to Pike, Candlestick to Stand.
2. Run, Hurdle, Cartwheel, Lunge, Step Together
3. Back Bend/Bridge Up, Kick Over/Stand
4. Step, Kick Lunge, Handstand, Lunge, Step Together
5. Step Kick Lunge, One Arm Cartwheel, Lunge
6. Backwards Roll to Squat with Straight Arms
7. Closing Pose: Turn Over to Bum, Head Back, One Leg Extended

Vault: Mat Stack (3 8")

1. Handstand Fall Flat with Tramp Board



Pre Elite Routines!

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Bars

1. Pullover
2. Cast Above 45 Degrees
3. Back Hip Circle
4. Straddle Circle Dismount

Beam

1. Jump to Front Support, Swing to Squat Mount
2. Split Jump
3. Step, Kick Lunge, 3/4 Handstand, Lunge
4. Pose:
5. Step, Kick Lunge, 1/2 Passe Turn
6. Step, Kick Lunge, Side Handstand Dismount

Floor

1. Opening Pose: Straddle Stand, Drop Down to Knees, "Around the World" Arch, Slide Forward to Stomach, Roll Over to Sit, Tuck One Knee, Stand
2. Run, Hurdle, Round Off, Rebound, Flush
3. Sashe, Step, Leap, Step Lock, Pivot, Flush
4. Pose: Step to the Side with Popped Foot, Throw Both Arms Over to the Side in Front of Hips
5. Step, Kick, Lunge, Cartwheel Cap
6. Backwards Roll to Push Up with Straight Arms
7. Step, Kick Lunge, Handstand Forward Roll
*Stop at Pike Sit
8. Closing Pose: Both Arms Drag Across Chest to Side, Lay Back, Kick and Bend One Leg Over

Vault: Mat Stack (4 8")

1. Handstand Fall Flat



Pre Elite Routines!

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Bars

1. Pullover
2. Cast Above 45 Degrees
3. Back Hip Circle
4. Straddle Circle Dismount

Beam

1. Jump to Front Support, Swing to Squat Mount
2. Split Jump
3. Step, Kick Lunge, 3/4 Handstand, Lunge
4. Pose:
5. Step, Kick Lunge, 1/2 Passe Turn
6. Step, Kick Lunge, Side Handstand Dismount

Floor

1. Opening Pose: Straddle Stand, Drop Down to Knees, "Around the World" Arch, Slide Forward to Stomach, Roll Over to Sit, Tuck One Knee, Stand
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*Stop at Pike Sit
8. Closing Pose: Both Arms Drag Across Chest to Side, Lay Back, Kick and Bend One Leg Over

Vault: Mat Stack (4 8")

1. Handstand Fall Flat



Boys Basic Routines!

High Bar

1. Tuck Hold
2. Three Tap & Counter Swings
3. Drop to Safety

Parallel Bars

1. "L" Hold
2. Three Swings
3. Drop to Safety

Floor

1. Candlestick Stand
2. Handstand
3. Forward Roll
4. Cartwheel
5. Running Cartwheel

Vault

1. Handstand Fall Flat



Boys Basic Routines!

High Bar

1. Tuck Hold
2. Three Tap & Counter Swings
3. Drop to Safety

Parallel Bars

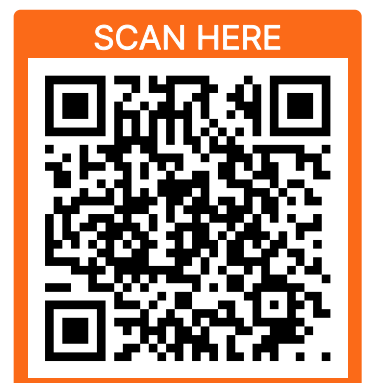
1. "L" Hold
2. Three Swings
3. Drop to Safety

Floor

1. Candlestick Stand
2. Handstand
3. Forward Roll
4. Cartwheel
5. Running Cartwheel

Vault

1. Handstand Fall Flat





Boys Gymnastics Routines!

Boys Gymnastics Routines!

High Bar

1. Chin Hang
2. "L" Hold
3. Three Tap & Counter Swings
4. Drop to Safety

High Bar

1. Chin Hang
2. "L" Hold
3. Three Tap & Counter Swings
4. Drop to Safety

Parallel Bars

1. Tuck Planche
2. Three Swings
3. "L" Hold
4. Drop to Safety

Parallel Bars

1. Tuck Planche
2. Three Swings
3. "L" Hold
4. Drop to Safety

Floor

1. Candlestick Stand
2. Handstand Forward Roll
3. One Arm Cartwheel
4. Backwards Roll
5. Running Round Off

Floor

1. Candlestick Stand
2. Handstand Forward Roll
3. One Arm Cartwheel
4. Backwards Roll
5. Running Round Off

Vault

1. Handstand Flat Back

Vault

1. Handstand Flat Back

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Tumbling Routines!

Routine #1

1. Hands on Hips, One Foot Popped Out to the Side, Hands Crossed Over in the Front and Open up wide and around to the Side.
2. Forward Roll
3. Running Cartwheel/Aerial
4. Kick Lunge, Cartwheel, Lunge
5. Candlestick to Lay Down
6. Roll Over, Hands under Chin, Bend Knees, and Cross Feet

Routine #2

1. Feet Wide, Hands on Hips, Clap to the Beat and Sway, Clap Top Right, Top Left, Bottom Right, Bottom Left, Step Together.
2. Kick Lunge, Handstand, Lunge
3. Turn Around
4. Backwards Roll 2x
5. Back Limber/Back Walkover
6. Cross One Foot Over, Both arms in Front, Crossed at the Wrists.

Routine #3

1. Laying on Back, Arms Out to the Side, Legs Bent and Crossed Over at the Knees. Throw One Leg Out and Around as Both Legs Straighten.
2. Candlestick to Stand Up
3. Running Round Off
4. Front Limber/Front Walkover
5. Kick Lunge, Cartwheel, Lunge
6. Drop Down to One Knee, Arm Pose of Athlete's Choice!

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Tumbling Routines!

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2. Kick Lunge, Handstand, Lunge
3. Turn Around
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6. Cross One Foot Over, Both arms in Front, Crossed at the Wrists.

Routine #3

1. Laying on Back, Arms Out to the Side, Legs Bent and Crossed Over at the Knees. Throw One Leg Out and Around as Both Legs Straighten.
2. Candlestick to Stand Up
3. Running Round Off
4. Front Limber/Front Walkover
5. Kick Lunge, Cartwheel, Lunge
6. Drop Down to One Knee, Arm Pose of Athlete's Choice!

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Pre Team Routines!

Bars

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1. Pullover
2. Cast
3. Back Hip Circle
4. Cast Off/Straddle Circle Dismount

Beam

1. Mount
2. Step, Kick Lunge, Lever Touch, Lunge
3. Step, Lock, Pivot
4. Pose: Pop One Foot, Bring Hands to Head, Push Hands Out and Down to Side, Flush
5. Split Jump
6. Step, Kick Lunge, Side Handstand Dismount

Floor

1. Opening Pose: Straddle Stand with Hands on Hips, Move Hips in 1/2 Circle Motion, Flush
2. Sashe, Step, Leap, Assemble Straight Jump
3. Forward Roll with Straight Arms
4. Step, Kick, Lunge, 1/2 Passe Turn
5. Pose: Hands to Hips, Alternate Popped Feet 2x, Flush
6. Step, Kick, Lunge, Cartwheel Cap, Backwards Roll to Squat
7. Push Back to Sit on Bum, Kick Legs 3x, Turn Knees, One Arm Up

Vault: Mat Stack (3 8")

1. Handstand Fall Flat



Pre Team Routines!

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4. Cast Off/Straddle Circle Dismount

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1. Mount
2. Step, Kick Lunge, Lever Touch, Lunge
3. Step, Lock, Pivot
4. Pose: Pop One Foot, Bring Hands to Head, Push Hands Out and Down to Side, Flush
5. Split Jump
6. Step, Kick Lunge, Side Handstand Dismount

Floor

1. Opening Pose: Straddle Stand with Hands on Hips, Move Hips in 1/2 Circle Motion, Flush
2. Sashe, Step, Leap, Assemble Straight Jump
3. Forward Roll with Straight Arms
4. Step, Kick, Lunge, 1/2 Passe Turn
5. Pose: Hands to Hips, Alternate Popped Feet 2x, Flush
6. Step, Kick, Lunge, Cartwheel Cap, Backwards Roll to Squat
7. Push Back to Sit on Bum, Kick Legs 3x, Turn Knees, One Arm Up

Vault: Mat Stack (3 8")

1. Handstand Fall Flat